Rice University- Lifetime Physical Activity Program 186
Pilates Mat Class; Spring 2017
Monday/Wednesday 9-9:50 or 10-10:50

Instructor: Chrissy Leach
Email: chrissy@align-body.com

Course Description:

This course is a basic Pilates Mat class that will progress from beginning, intermediate and selected advanced level mat exercises. The learning and understanding of the exercises, and their goals/intents will be taught by brief lectures, observation and practice. The evaluation of Progress will be assessed through participation and attendance, application of corrections given during class, physical performance, and through a practical exam.

Pilates was originally called Contrology, the method of exercise teaches the mind to communicate and control the muscles, to stabilize the core, and isolate targeted muscles depending on the exercise. The exercises are designed to restore optimal length-tension relationships of the muscles and is achieved by strategically stretching what is tight and strengthening what is weak to restore optimal alignment. Stabilizing and strengthening the abdomen and back muscles, coordination, kinesthetic awareness, breath and correct spinal and pelvic alignment are all are key components of the Pilates method. The ultimate goal is to apply Pilates Technique not only to the Mat Class routines, but to you other workouts, sports and everyday life.

Course Objectives:

1. To improve kinesthetic awareness, physical fitness, and body alignment.
2. To strengthen muscles of the abdomen, back, hips and extremities.
3. To develop the skill of stabilizing the core while isolating specific muscles.
4. To be able to define the principles of Pilates and apply them to your best ability to the exercises in class.
5. To improve balance while standing.
6. To know what corrections your body needs for optimal alignment
7. For each student to achieve progression through the Pilates mat series based on:

a. familiarity with the essential concepts, basic terminology and of the exercises
b. Development awareness and execution of proper form and body positioning

c. applying corrections to your body positioning for optimal alignment through the application of corrections and modifications
d. To perform a series of beginning mat exercises by memory, while keeping clean form.
e. To be able to begin to translate proper body mechanics gained from Pilates exercises in everyday movements.

Course Content:

- Brief history of Pilates, and it's founder Joseph Pilates
- Basic, intermediate and select Advanced Mat work Exercises
- Exercises that apply the concepts of pilates and/or modifications of Classic exercises

Attendance Policy:

The attendance policy for LPAP courses that meet twice a week will be as follows:
Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, students are allowed two "free" absences. Should a student miss an additional class(es) she/he will need to arrange to make up the missed class at a time and place that is agreed upon by both the student and the instructor. It is the responsibility of the student to initiate conversation with the instructor to discuss the make-up, and an agreement must be reached between the two within two weeks of the absence. If a student fails to make up a missed third or fourth class, his/her final grade will drop by one or two grade letters, respectively.

Please note, students will not be allowed to make up more than two classes. Five total absences, including those that were made up and no matter their circumstances, will result in a failing grade for the course.
Students may not miss more than 4 absences total – two of which can be made up:
2 free absences
only allowed to make up two classes – must schedule within two weeks of absence 3 absences no make up – drop one letter grade
4 absences no makeup – drop two letter grades
5 absences – even if made up, will result in a failing grade

** You may receive credit for classroom observation and may be asked to do additional assignments if you sustain an injury which would prevent safe participation. Notes must be taken during observation and turned in at the end of class - NO TEXTING will be permitted
Make up options (MAKEUPS COULD TAKE LONGER THAN TAKING THE ACTUAL CLASS):
• one hour of observation and notes in an actual Pilates studio (Pilates Concepts of Houston 3100 Richmond Ave. #200) – day and time to be determined by student and instructor

• attendance of another Pilates' class
• written assignment

Honor Code Violations:
All students are expected to uphold their pledge to the Rice Honor Code. Any student suspected of cheating on an exam or written assignment will be reported to the Chair of the Honor Council, and an investigation will ensue. Any questions that you may have about what constitutes an honor code violation in this class can be directed to the instructor.

ADA Statement:
This instructor, in conjunction with Rice University, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodation, please contact the Disability Support Services Office in the Ley Student Center. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting

Class Etiquette:
You are expected to be on time – students more than fifteen minutes late will be asked to observe class AND do an additional assignment as a makeup for the missed class portion

- If you are late for unavoidable reasons enter quietly
- Please turn cell phones off or on vibrate
- No talking during the class time
- Please do not eat or drink (besides water) or chew gum during class
- Please wipe down mats and roll up one at a time
- Clothes should be form fitting, without restricting movement. PLEASE DO NOT TAKE CLASS IN YOUR STREET CLOTHES – NO JEANS. NO SHORT SHORTS unless bike shorts are worn underneath. Yoga / sweat pants and or long shorts with bike shorts underneath are best.
- Please remove large jewelry, secure long hair, and avoid large hair clips.

Evaluation:

Attendance/punctuality and active participation	475 points
Signed attendance policy/ Health History Form	25 points
Total points possible	500 points

• 5 points will be deducted for each late arrival
• 5 points will be deducted for each observation

Grading Scale

A+	487-500
A	468-487
A-	448-467
B+	433-447
B	413-432
B-	398-412
C+	383-397
C	363-382
C-	348-362
D+	333-347
D	313-332
D-	298-312
F	<298

ATTENDANCE CONTRACT AND GRADING

I, _____, have read and understand the syllabus and the attendance policy.

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2 free absences
**only allowed to make up two classes – must schedule within three weeks of absence
3 absences no make up – drop one letter grade
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Evaluation:

Attendance/punctuality and active participation	400 points
Signed attendance policy/Health History Form	25 points
Practical examination	75 points
Total points possible	

• 5 points will be deducted for each late arrival
• 5 points will be deducted for each observation